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MaineCare Member News

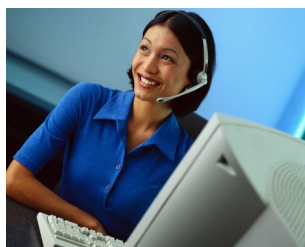
How Can the Pharmacy Help Desk Help You?

The Pharmacy Help Desk can answer your pharmacy and medication questions. We can explain your MaineCare pharmacy benefit to you. If you have drugs that are not being covered, we can figure out why. We can also tell you why your MaineCare and/or Medicare Part D pharmacy coverage might not be working. We can talk with your pharmacy about your coverage and medication needs to get issues fixed.

The Pharmacy Help Desk can help answer your questions about MaineCare Buy-In programs (QMB, SLMB, and QI) and DEL. We can tell you about your coverage, how the program is paid for, and how all your plans work together for you.

The Pharmacy Help Desk can also help if you have private insurance through your work and have MaineCare. We can work with your other insurance to see how you can get your prescription drugs covered, if possible.

If you need help enrolling in a Medicare Part D plan, the Pharmacy Help Desk can look at what drugs you take and help you enroll in a plan to fit your needs. If you need more help with a Medicare Part D plan, we will tell you how to reach the Agency on Aging in your area for help.



If you have questions about your MaineCare pharmacy benefit, you can call the Pharmacy Help Desk at:
1-866-796-2463;
TTY 1-800-423-4331.

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How Can I Apply for Benefits Online?

At My Maine Connection, you can apply for:

- Food Supplemental Nutrition Assistance Program (SNAP)
- Medical Assistance (MaineCare)
- Temporary Assistance for Needy Families (TANF)
- Child Care Subsidy

Visit the website at:

<https://www1.maine.gov/benefits/account/login.html>

Babysitter Safety

Don't forget to take some time for yourself this spring! By taking time for yourself, you will have more energy for your little ones.

Follow these tips to select a babysitter:

- Choose a babysitter you know or one recommended by a relative or friend.
- Request references for the babysitter and talk with the references.
- Ask the babysitter if she/he has taken the American Red Cross babysitter training course.
- After you have selected a babysitter, be sure the babysitter can handle an emergency.
- Tell your babysitter where you will be and how long you will be gone.
- Post all the phone numbers to reach you in case he or she has questions or concerns.



Here are some tips to keep your kids safe when someone else is watching them:

- Walk through your house and fix any safety hazards you see.
- Have your kids bathed and fed when the babysitter arrives to limit dangerous activities.
- Go through "what if" emergency questions with your babysitter.
- Make sure the baby's crib is safe. The babysitter needs to know not to place any soft blankets, pillows, or stuffed animals in the crib.
- Test your smoke alarms and carbon monoxide detectors.
- Make sure the babysitter knows the family's outside meeting place if there is a fire.
- Ask the babysitter to cut food into small pieces before feeding young children.
- Tell the babysitter not to give young children hard, round foods such as candy, peanuts, or grapes. Hotdogs and popcorn are also choking hazards.
- Remind the babysitter to latch safety gates at the top and bottom of stairs.
- Remind the babysitter to always use safety straps on high chairs, changing tables, and strollers.
- Stress to the babysitter that he or she should stay within arms reach of children when in or near water. This includes the bathtub, pool, or toilet.
- Make sure the babysitter limits distractions like guests, phones, computers, etc.
- Talk to your children about safety issues in advance of someone watching them.



For more babysitter tips and other safety tips, go to:
<http://www.safekids.org>

For babysitter training course information, go to:
<http://www.redcross.org/>

How Can You Keep Your Family Healthy?

Eat healthy foods and exercise to stay healthy!

To lead a healthy and active lifestyle, the American Academy of Pediatrics says to lead a healthy active life:

- Eat 5 fruits and vegetables each day.
- Spend less than 2 hours watching TV, on the computer, or playing video games each day.
- Get 1 hour of physical activity each day.
- Avoid drinking sugar-sweetened drinks.



Parents can encourage their children to eat healthy and exercise by being role models. This means you should make healthy choices yourself. Make sure children have healthy choices of foods. You can make exercise fun by playing tag with your kids, taking a family walk, cooking meals together, growing a garden, and encouraging your children to play sports.

Don't forget these healthy eating tips:

- Eat breakfast every day.
- Eat low-fat dairy foods like yogurt, milk, and cheese.
- Eat meals together as a family.
- Eat a high fiber diet.
- Limit fast food and sugary snacks.



For more healthy tips go to the American Academy of Pediatrics at:

<http://www.aap.org/en-us/Pages/Default.aspx>

Are You Worried Your Child is Overweight?

Is your child a healthy weight? Your doctor uses the Bright Futures tool to see if your child is a healthy weight. Your doctor looks at your child's Body Mass Index (BMI). BMI is based on height and weight. Your doctor will look at the child's BMI and compare it to a growth chart for his or her age. BMI is measured in percentiles.



Unhealthy weight can lead to other health issues. If your child is over the 85th percentile, he or she might be overweight. If he or she is over the 95th percentile, he or she might be obese. Talk with your child's doctor to see if your child is a healthy weight.

How can MaineCare help if your child is obese?

If your child's doctor finds your child is obese, MaineCare may pay for additional services for him or her. Talk with your child's doctor to see what services are covered by MaineCare.

Colon Cancer: How to Prevent It, Treat It, and Beat It!

Colon cancer is the third most common cancer in the United States, for both men and women. It can be prevented and treated, and you can beat it! More Americans are surviving colon cancer than ever before. What can you do to reduce your risk of getting colon cancer? It's simple – get tested.

Colon cancer is more easily treated when it is found early. The American Cancer Society recommends that if you are 50, you should talk to your doctor about getting tested. Nine out of ten people that are diagnosed with colon cancer are older than 50. Tell your doctor if there is colon cancer in your family. If there is a family history of colon cancer, you may need to get tested earlier than 50.

What are some symptoms of colon cancer?

- A change in bowel habits.
- A feeling you need to have a bowel movement and it is not relieved afterward.
- Rectal bleeding, dark stools, or blood in the stool.
- Unintended weight loss.
- Weakness or fatigue.

Colon cancer almost always starts with a polyp. A polyp is a small growth on the lining of the colon or rectum. Your doctor can test the polyp for colon cancer. If your doctor finds polyps, he or she can remove them before they become cancerous.

You can help prevent colon and other types of cancer by:

- Exercising at least 30 minutes every day.
- Adding more vegetables, fruits and whole grains to your diet.
- Quit or avoid smoking and other tobacco products.

For more information visit: <http://www.cancer.org/index>.

American Cancer Society, January 2012

Make Time to Exercise!

It's 5:30 p.m. and you just got home from work. You haven't had a second to think about dinner. The kids need help with their homework. The dog needs a walk. The last thing on your mind is trying to fit exercise into your busy schedule.

The American Cancer Society recommends at least 30 minutes of moderate exercise every day to reduce your risk of cancer and other major diseases like diabetes and heart disease. If you just can't fit 30 minutes of exercise into your daily routine, don't give up. Try exercising for three 10-minute sessions throughout the day. For example, you can do 10 minutes in the morning before you start your day. Then, 10 minutes during your lunch break. Lastly, do another 10 minutes after dinner or after the kids are asleep.

Here are some suggestions:

- Try taking a 10 minute walk during your lunch break. Encourage your co-workers to join you. It's more fun with a buddy.
- Do simple leg lifts while you're washing dishes or grab a can of soup and do bicep curls while you are cooking breakfast or dinner.
- While watching TV, do jumping jacks or walk in place.
- Walk around the field as you're waiting for your kids during sports practice.

No matter what type of exercise you choose, the important thing is to get moving and become a healthy role model for your family.

American Cancer Society, January 2012

Need Help Finding a Dentist for Your Child?

Dentists who take MaineCare are listed on the Insure Kids Now website at:
<http://www.insurekidsnow.gov/state/maine/>

Children should go to the dentist every 6 months. By going to the dentist, your child's teeth will be healthier and cavities are caught early. You should take your child for his or her first oral health visit by age one if he or she has teeth.

If we do not have a record of your child going to the dentist within the last year, we may call you or send you a letter. Dental care is important and we want to make sure all children are getting good care.

If you need help finding a dentist, please contact Member Services at 1-800-977-6740.

If you are deaf or hard of hearing and have a TTY machine, call the Member Services TDD/TTY line at 1-800-977-6741.

Member Services is open Monday through Friday, 7 am to 6 pm.



**If you do not have a Primary Care Provider (PCP) please call
Member Services at 1-800-977-6740.**

Don't be a "No Show"...Call to Cancel Your Appointment!

**If I don't go to my doctor's or dentist's appointment and
I don't call to cancel it, what happens?**



- Your doctor or dentist does not get paid for your time slot.
- Another patient won't be able to schedule an appointment.
- You may not be able to schedule another appointment right away.
- Your doctor or dentist has the right to no longer see you as a patient.
- If you keep missing appointments, MaineCare will call you to talk about why it is happening. We can help you get to your appointments.

Call Your Doctor

When your illness is not an emergency but you need care or advice quickly, it is called “urgent care.”

Some examples of urgent care might include:

- Cold & flu symptoms
- Cough
- Earaches
- Sore throat
- Skin problems such as rashes, boils, acne, or cysts
- Headaches, unless caused by a head injury
- Pain you have had for a long time that has been treated by your doctor, like long term back pain
- Routine checkups or well child visits
- Teething
- Diaper rash
- To get a doctor’s note to go back to work
- Less severe fever
- Hemorrhoids, unless severe bleeding that won’t stop
- Constipation
- Infected surgical wounds
- Follow up or recheck visits



Emergency Department

Emergency Department (ED) visits are only for an emergency, not for routine care. An emergency is any physical or mental health problem that you think could cause serious harm if not treated quickly.

Here are some examples of emergencies:

- Chest pain
- Trouble breathing
- Broken bones
- Head injuries
- Severe bleeding
- Coughing blood
- Poisoning
- Person not able to move or speak
- Bad burns
- Deep cuts
- Harmful feelings to yourself or others
- Mental confusion
- Rape or physical attack
- Severe injury to a joint
- Severe pain

If you are not sure you are having an emergency, call your primary doctor or the ED first. If you have a life threatening health problem, or one that could lead to a life long injury, go to the ED.

Websites of Interest

- <https://www.maine.gov/dhhs/oms/index.shtml> -The MaineCare website has information about benefits and services.
- <http://www.maine.gov/dhhs/mecdc/> -Maine Center for Disease Control & Prevention website has information about staying healthy and preventing illness.
- <https://www1.maine.gov/benefits/account/login.html>—Apply for food, medical, cash, and child care assistance online.
- <http://www.safekids.org> -Great tips on how to keep your children safe.
- <http://www.cancer.org/> -Cancer screening, prevention, and treatment information.
- <http://www.redcross.org/> -Babysitter training and other courses.
- <http://www.healthychild.org/live-healthy/eat-healthy/> -Simple and budget friendly recipes.
- <http://www.getrealmaine.com/index.cfm/fuseaction/home.showpage/pageID/93/index.htm> -Maine farms, farmers’ markets, and farm stands that accept Supplemental Nutrition Assistance Program (SNAP).
- <http://www.mainetodo.com> -Ideas for fun family activities.
- <http://www.text4baby.org/> or text **BABY to 511411** -Get texts about your baby timed to your due date.